

Curriculum Vitae

Personal Information

- **Name:** Naif Ziyad H Alrashdi
- **Date of birth:** 07/ Jan /1991
- **Place of birth:** Majmaah, Kingdom of Saudi Arabia (KSA)
- **Nationality:** Saudi
- **Address:** College of Applied Medical Sciences, Majmaah University, Majmaah, K.S.A.
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Academic Education:

- PhD, Rehabilitation Science Program, School of Health Professions, The University of Alabama at Birmingham, USA (August 2018 – December 2022)
- MSc. Concordia University Wisconsin, Mequon, Wisconsin, USA, Rehabilitation Science, 2017. Excellent Grade
- B.S. Majmaah University, Majmaah, Riyadh, KSA, Physical Therapy and Rehabilitation, 2013. Excellent Grade

Professional Certification:

- Graduate Certificate in Mentoring & Leadership, The University of Alabama at Birmingham
- Licensed Senior Physical Therapist, (2013- present), KSA
- Physical Therapy Instructor, Ministry of Education, (2014-present)

Professional Membership:

- Saudi Physical Therapy Association
- Saudi Occupational Therapy Association

Work Experience

- Lecturer, Physical Therapy Department, Majmaah University, KSA (July 2017 – Present)
- Senior Physical Therapist, University Hospital, Majmaah University, KSA (2017-Present)
- Teaching Assistant, Physical Therapy Department, Majmaah University, KSA (November 2014 – July 2017)
- Sports Physical Therapist, Al-Faisal F.C, Harmah, KSA (January 2014- November 2014)

Service:

Service to the institution:

- A Better Way to Systematic Review, online lecture to Saudi Physical Therapy Students, April 2nd 2021
- Judge, 3MT Preliminary judging Competition, The University of Alabama at Birmingham 2018
- Principal, Students Affairs, College of Applied Medical Science, Majmaah University (2017 – 2018), KSA
- Member, Quality Unit, Physical Therapy Department, Majmaah University (2017-2018), KSA
- Member, Community and Students Service Unit, Physical Therapy Department, Majmaah University (2017-2018), KSA
- Member, Exam Committee, Physical Therapy Department, Majmaah University (2017-2018), KSA
- Course Coordinator, Musculoskeletal Anatomy “PHT 212”, Majmaah University (2017-2018), KSA
- Coordinator, Scientific Student Conference, Majmaah University (2015), KSA
- Principal, Students Affairs, College of Applied Medical Science, Majmaah University (2014-2015), KSA
- Coordinator, Clinical Training Unit, Physical Therapy Department, Majmaah University (2014-2015), KSA
- Member, Exam Committee, College of Applied Medical Science, Majmaah University (2014-2015), KSA
- Co-Teacher, Sports Medicine course, Majmaah University (2014-2015), KSA
- Participated in a research project " Prevalence and Risk Factors of Low Back Pain Among Nurses, the Sudair region, KSA" during college
- Invented a novel approach to treat flat-foot conditions called " Dynamic Foot Arch Support"

Service to the Society:

- World Physical Therapy Day, Awareness and education program to public, Majmaah Mall, (September 2017), KSA.
- Fall Risk Assessment and Prevention awareness program for elderly of Majmaah population, Majmaah Mall, (October 2017), KSA.
- Low Back Pain: Education, Assessment and Recommendations program, Main Hall, Majmaah, (December 2014), KSA.

Teaching:

- DPT 523, Community Physical Therapy, Department of Physical Therapy and Health Rehabilitation, College of Applied Medical Science, Majmaah University (Third semester 2023).
- DPT 524, Management and Administration in Physical Therapy, Department of Physical Therapy and Health Rehabilitation, College of Applied Medical Science, Majmaah University (Third semester 2023).
- PHT 457, Independent Study, Department of Physical Therapy and Health Rehabilitation, College of Applied Medical Science, Majmaah University (Third semester 2023).
- PT 791. Scientific Inquiry II, Department of Physical Therapy, School of Health Professions, University of Alabama at Birmingham. Reliability and Validity of Outcomes Measures, June 2021.
- PT 791. Scientific Inquiry II, Department of Physical Therapy, School of Health Professions, University of Alabama at Birmingham. Reliability and Validity of Outcomes Measures, June 2020.
- Therapeutic Exercise II (PHT 325), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Therapeutic Modality I (PHT 221), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Sports Medicine and Traumatology (PHT 333), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Musculoskeletal Anatomy (PHT 212), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Neuroanatomy (PHT213), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Geriatric Rehabilitation (PHT438), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.
- Independent Study (PHT457), Department of Physical Therapy, College of Applied Medical Science, Majmaah University.

Professional Development and Societies

- Attended the ActiGraph Digital Data Summit, Pensacola, FL, November 13-15, 2022; In-Person Meeting (**Invited to Speak, and Received a Travel Award**)
- Attended the American Congress of Rehabilitation Medicine, Chicago, IL, November, 2022; In-Person Meeting.
- Attended the American Physical Therapy Association, Combined Section Meeting, San Antonio, TX, Feb. 2022; In-Person Meeting.

- Developmental Dysplasia of the Hip, Saudi Orthopedic Association, Online-lecture. The Role of Physical Therapy in DDH infants, May 17, 2020.
- Attended the American Physical Therapy Association, Combined Section Meeting, Orlando, FL, Feb. 2021; Virtual Meeting.
- Attended the American Physical Therapy Association, Combined Section Meeting, Washington DC, 2019.
- Attended the American Physical Therapy Association, Combined Section Meeting, San Antonio, Texas, 2017.
- Autism Awareness Day, King Abdulaziz Medical City, National Guard Ministry, Riyadh, K.S.A, 2013.
- The 9th Applied Medical Sciences Students Annual Meeting, King Abdulaziz University, Jeddah, KSA, 2013.
- Volunteer Physical Therapist, King Khalid Hospital and Comprehensive Rehabilitation Center, Majmaah, KSA, 2013.
- Workshop, Physical Therapy Management for Spinal Cord Injury, Majmaah University, KSA, 2012.
- First Saudi Physical Therapy Conference, National Guard Ministry, KSA, 2012.
- Physical therapy, Occupational therapy, Prosthetics and Orthotics, Speech language Pathology (POPS) Conference, King Faisal Specialist Hospital and Research Center, K.S.A, 2012.

Publications and Presentations

A. Publications:

- Demographic and Clinical Correlates of Device-Measured Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome. *Archives of Rehabilitation Research and Clinical Translation (2023)*. **Naif Z. Alrashdi**, Robert W. Motl, Sara Samchok, Amit M. Momaya, Benton A. Emblom, Michael K. Ryan, Matthew P. Ithurnburn
- Status and Trends of Physical Activity Surveillance, Policy, and Research in 164 Countries: Findings From the Global Observatory for Physical Activity-GoPA! 2015 and 2020 Surveys. *Journal of Physical Activity and Health*. **Naif Z Alrashdi et al, 2022**
- Mobility-related outcomes for periacetabular osteotomy in persons with acetabular dysplasia: setting the stage for measurement of real-world outcomes. **Naif Z Alrashdi**, Robert W Motl, Elroy J Aguiar, Michael K Ryan, Suzanne E Perumean-Chaney, Matthew P Ithurnburn. *Journal of Hip Preservation Surgery* (2021).
- Movement Patterns and their Associations with Pain, Function, and Morphology in Individuals with Femoroacetabular Impingement Syndrome. A Scoping Review. **Naif Z Alrashdi**, Lindsey Brown-Taylor, Megan M Bell, Matthew P Ithurnburn. *Physical Therapy and Rehabilitation Journal* (2021).

- Mazen Mushabab Alqahtani, M.A., Shady Alshewaier, Ahmed Mansour Almansour, Ahmad Alanazi, Sultan Ayyadah Alanazi, **Naif Ziyad Alrashdi**, Radhakrishnan Unnikrishnan, Wafaa AlRubaia, Savita Singh (2018). Patient-Rated Outcomes Measure Using Disease_Specific KOOS-PS Short Form Arabic Questionnaire in Knee Osteoarthritis.
- Talupuru, P. K., Kulandaivelan, S., **Alrashdi, N. Z.**, & Ateef, M. (2016). Effect of Age on Hand Grip Strength in Professional Cricket Players. *Indian Journal of Health and Wellbeing*, 7(7), 774.

B. Conference Presentations:

- Accelerometer-Determined Physical Activity Levels and Sedentary Behavior in Individuals with Pre-Arthritic Hip Diseases: A Cross-Sectional Analysis. ActiGraph Digital Data Summit, Pensacola, FL, November 13-15, 2022. **Naif Z. Alrashdi**; Robert W. Motl; Michael K. Ryan; and Matthew P. Ithurnburn. *Poster (Travel Award Winning)*
- Functional Recovery Measured by Longitudinal Daily Step Volume in Individuals with Acetabular Dysplasia Undergoing Periacetabular Osteotomy. American Congress of Rehabilitation Medicine, Chicago, IL, November 8-11, 2022. **Naif Z. Alrashdi**; Michael K. Ryan and Matthew P. Ithurnburn. *Oral Presentation*
- Demographic and Clinical Correlates of Device-Measured Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome. American Orthopaedic Society for Sports Medicine, 2022. Matthew Ithurnburn; Robert Motl; Sara Samchok; **Naif Alrashdi**; Amit Momaya; Benton Emblom; Michael Ryan. *Poster*
- Accelerometer-Determined Step-Count, Peak 1-Minute Cadence, and Walking Intensity in Persons With and Without Acetabular Dysplasia. American College of Sports Medicine, San Diego, CA, May, 2022. **Naif Alrashdi**, Robert Motl, Elroy Aguiar, Donald Lein, Michael Ryan, and Matthew Ithurnburn. *Poster*
- Muscle Strength and Loading Patterns during Sport-Related Tasks in Persons with Acetabular Dysplasia. American College of Sports Medicine, San Diego, CA, May, 2022. **Naif Alrashdi**, Robert Motl, Michael Ryan, and Matthew Ithurnburn. *Poster*
- Muscle Performance and Physical Activity Levels in Persons with Symptomatic Acetabular Dysplasia: Preliminary Data. The American Physical Therapy Association Combined Section Meeting, San Antonio, TX, Feb. 2022. **Naif Alrashdi**, Robert Motl, Elroy Aguiar, Michael Ryan, Matthew Ithurnburn. *Poster*
- Mobility Outcomes for Periacetabular Osteotomy in Persons with Acetabular Dysplasia: The Need for Real-World Measurement. The American Physical Therapy Association Combined Section Meeting, San Antonio, TX, Feb. 2022. **Naif Alrashdi**, Robert Motl, Elroy Aguiar, Michael Ryan, Suzanne Perumean-Chaney, Matthew Ithurnburn. *Poster*

- Do Individuals with Femoroacetabular Impingement Syndrome Meet Recommended Physical Activity Guidelines? The American Physical Therapy Association Combined Section Meeting, San Antonio, TX, Feb. 2022. Sara Samchok; Robert W. Motl; **Naif Alrashdi**; Amit Momaya; Benton Emblom; Michael Ryan; Matthew Ithurnburn. *Platform Presentation*
- Accelerometer-Measured Physical Activity Levels and Sedentary Behavior in Individuals with Pre-Arthritic Hip Diseases: A Cross-Sectional Analysis. Alpha Eta-SHP Research Day, Feb. 2022. **Naif Z. Alrashdi**, Robert W. Motl, Michael K. Ryan, Matthew P. Ithurnburn. Poster
- Research Day at Majmaah University; Pain Intensity and Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome. A Cross Sectional Examination. **Naif Alrashdi**. *Virtual Presentation*. April 2021
- Spotlight on Hip Research: Pain Intensity and Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome: The American Academy of Physical Therapy Orthopaedic. February 13th 2021 “Virtual Presentation”
- Movement Patterns and their Associations with Pain, Function, and Morphology in Individuals with Femoroacetabular Impingement Syndrome. A Scoping Review. The American Physical Therapy Association Combined Section Meeting, Orlando, FL 2021. Virtual Poster
- Pain Intensity and Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome. The American Physical Therapy Association Combined Section Meeting, Orlando, FL 2021. Virtual Poster
- Pain Intensity and Physical Activity Levels in Individuals with Femoroacetabular Impingement Syndrome. The UAB Center for Exercise Medicine Conference, 2019. Poster.
- Concordia University Wisconsin: Too Fit to Fall or Fracture, Rehabilitation Science Department, Graduate Studies, Class Presentation, 2017.
- Concordia University Wisconsin: Long Term Athletic Development, Rehabilitation Science Department, Graduate Studies, Class Presentation, 2017.
- Concordia University Wisconsin: Cystic Fibrosis, Rehabilitation Science Department, Graduate studies, Class Project, 2016.
- Saudi Healthcare Innovation Competition: Dynamic Foot Arch Support. King Fahad Medical City, Riyadh, KSA, 2013.
- 4th Scientific Conference of Higher Education Students, Ministry of Higher Education: Dynamic Foot Arch Support, Macca, KSA, 2013.

Funds/Grants (funded, pending, and unfunded projects):

- **King Salman Center for Disability Research (September 2019): Role:** Principal Investigator (**Funded**)
 - Title “The Saudi National Screening Program for Developmental Dysplasia of the Hip (SNSP-DDH)”. Funded May 2023

- **Open Call for Grant Applications in Saudi Arabia, Hevolution Foundation (December 2022): Role:** Co-Investigator
 - A letter of Intended was Submitted on December 18th,2022, entitled “Intramuscular Fat Infiltration in Older Adults: A Screening and Prevention Pilot Study”. *The letter was accepted, and a full proposal was submitted on March 19th,2023 (Final announcement is scheduled to be around mid-May 2023).*

- **Open Call for Grant Applications in Saudi Arabia, Hevolution Foundation (December 2022): Role:** Principal Investigator
 - A letter of Intended was Submitted on December 18th, 2022, entitled “Device-Measured Physical Activity Volume as a Biomarker of Aging in Saudi Older Adults”. The letter was not accepted

- **The Digital Endpoint Accelerator Grant (October 2022): Role:** Co-Investigator
 - A Letter of Intent was Submitted (, entitled “Evaluation of the construct validity of step-based physical activity metrics as a clinical indicator of post-operative recovery and mobility in patients with undergoing hip arthroscopy”. Unfunded

- **King Salman Center for Disability Research (September 2019): Role:** Principal Investigator
 - A full proposal was submitted, entitled “Translation, Cross-Cultural Adaptation, Psychometric Properties of an Arabic Version (Saudi Arabia) of the Hip dysfunction and Osteoarthritis Outcome Score (HOOS), and Evaluation of Pain, Function, and Quality of Life in Saudi Individuals with Hip Osteoarthritis”. Unfunded

Research Interests

- Pre-arthritic Hip Diseases in Young and Adults Population
- Hip Injury and Rehabilitation Outcomes
- Pre-and-Post Rehabilitation Outcomes in Individuals with Acetabular Dysplasia Undergoing Surgical Interventions
- Translation and Cross-Cultural Adaptation of Patient-reported Measures
- Disability-Related Research
- Physical Activity Measurements and Promotion
- Physical Activity Profiles in Saudi Arabia
- Early Screening Programs for Newborns with Hip-related Disorders in Saudi Arabia

Ongoing Projects:

- Pain, Function, Muscle Performance, and Physical Activity in Individuals with Femoroacetabular Impingement syndrome: Cross-Sectional Analyses
- Muscle Performance and Physical Activity in Individuals with Acetabular Dysplasia: A Longitudinal Cohort Study.
- Rehabilitation Protocols for Individuals with Acetabular Dysplasia Following Periacetabular Osteotomy: A Scoping Review
- Prevalence, Incidence, and Risk Factors in Children with Developmental Dysplasia of the Hip in Saudi Arabia. A Systematic Review

Honors and Awards

- Travel Award, Student Poster Sponsorship, ActiGraph Digital Data Summit, November 4, 2021; Pensacola, Florida (**Among the Top 5 Research**).
- Top 4 Research Abstract: Spotlight on Hip Research, The American Academy of Orthopaedic Physical Therapy, February 13th 2021.
- Golden Medal, Fourth Scientific Conference, Innovation Branch, Macca, K.S.A, 2013.
- Achieved the Top 10 Winners Position, Health Care Innovation Conference, King Fahad Medical City, Riyadh, KSA, 2013.
- Awarded a scholarship, Ministry of Education, 2013 – Present.

- A Patent Certificate for "DYNAMIC FOOT ARCH SUPPORT" invention, King Abdulaziz City for Science and Technology, K.S.A.
- Awarded Excellency Certificate in Undergraduate Studies, Department of Physical, Majmaah University, KSA, 2013.
- Awarded an Appreciation Certificate for being participated in students' activities, Dean of Student Affairs. Majmaah University, 2012.